

HALIFAX metro



Energy minister on leave was assault victim, reports say

Younger cited unspecified personal matters **PAGE 2**

Actress calls journey with Aminata 'a gift'

Miniseries based on the award-winning novel Book of Negroes debuts on CBC Wednesday night **PAGE 10**

Toronto Maple Leafs give head coach the axe

After Randy Carlyle's firing, core group of hockey players questioned about their ability and responsibility **PAGE 15**

'DEAR HALIFAX': DREAM BIG

PROJECT ASKS HALIGONIAN TO CELEBRATE NEW YEAR BY UPLOADING VIDEOS, POSTING COMMENTS WITH IDEAS FOR CHANGES THEY'D LIKE TO SEE IN THEIR CITY **PAGE 4**

Welcome to 'best, most fun place ever'

Bringing back pencil and paintbrush. New studio gets kids away from screens with classes, splatter room



HALEY RYAN
haley.ryan@metronews.ca

Paint splattered on the walls thanks to a grinning child with a paintbrush: a nightmare for most parents, but a new art studio in Halifax encourages a bit of mess.

Nichola Precious walked through 4Cats Arts Studio's spacious rooms — full of benches, art supplies and dozens of colourful paintings lining the walls — on Tuesday, a few days ahead of the grand opening Saturday.

Then the brown paper covering the windows will finally come off, and kids can come to learn about classes and get creative.

"We always call it the best, most fun place ever," Precious said with a laugh. "It's amazing what children can create."

Precious said she was invited with her daughter to a 4Cats birthday party at one of Vancouver's studios while living in the city last year. She realized Halifax didn't have anything quite like it.

There are now about 70 throughout North America and Australia.

Precious said she saw her own two- and four-year-old daughters colour and digitally draw on her iPad, and realized how important it is to get kids away from their screens now and then.

"I'm bringing back the pencil and paper and paintbrush," she said.

"It helps a child express themselves, it gives them that sense of accomplishment and it's non-competitive as well. It's just something for themselves."

The 4Cats Oxford Street location near Bayers Road offers multiple classes for kids aged two to 15 years old, ranging from mixed media to lessons on specific artists such as van Gogh and Andy Warhol, including imitation of their style. The classes use all kinds of materials, including acrylic

Quoted

"Anybody can be artistic."

Nichola Precious, owner of Halifax's first-ever 4Cats Arts Studio

paints, pastels, papier mâché, a pottery wheel and polymer clay.

She said the "Jackson Pollock" room has already been a hit with kids. It can be used for paint-splatter parties, in which children experiment with abstract techniques by throwing paint against canvases on the wall and floor.

"You're going to get a little messy; your friend might have just splattered some paint in your hair. It's no big deal," Precious said.

While parties for the younger crowd are a popular aspect of 4Cats, Precious said the adults who come in with their two-year-old for the "kittens" program or drop off older children often end up bringing their bachelorette, baby-shower groups or office friends in to create fun pieces of art together.



Nichola Precious, owner of 4Cats Arts Studio, poses for a photo on Tuesday in the soon-to-be-opened Oxford Street location. JEFF HARPER/METRO



Actor portrayals.

Change your life & the lives of others.

Complete a 2 year diploma in just 60 weeks.

Our Human Services programs prepare you to work as a counsellor in addictions, mental health, victims of abuse, at-risk youth and many more.

NOW ENROLLING FOR MARCH!



Counselling Services and Child & Youth Care

successcollege.ca 902.865.8283



Sub-zero temperatures expected to last much of the week in Halifax

A boat heads through sea smoke past a buoy on the Halifax Harbour on Tuesday. Cold temperatures and a wind chill made the temperature feel like -27 C in Halifax. The cold temperatures are expected to last much of the week. JEFF HARPER/METRO

Energy minister on leave; alleged to be assault victim

Investigation. Andrew Younger represents riding of Dartmouth East

Media reports say Nova Scotia's energy minister is on a temporary leave from cabinet because he was the victim of an alleged assault.

Andrew Younger had requested a temporary leave from his ministerial duties on Dec. 23, citing unspecified personal matters.

Media reports Tuesday citing unnamed sources say Younger was assaulted in October 2013

Quoted

"The premier's office will provide no details of the personal matters. That is for Mr. Younger to discuss, should he choose to do so."

Laurel Munroe, spokeswoman for Premier Stephen McNeil, in a statement

by a woman who was a Liberal staffer and who now faces an assault charge.

Younger's office said he was not available to comment on the matter.

Halifax Regional Police Const. Pierre Bourdages would only say that police became aware of information on Nov. 19 that led to a month-long investigation.

Bourdages said as a result, a woman was arrested on Dec. 19, charged with assault and is due in court on Jan. 28 under orders not to contact the alleged male victim.

He said the man and woman know each other and it was not a random incident, but he could not release the names of either person.



Andrew Younger
JEFF HARPER/METRO

Bourdages said police became aware of the matter while

they were looking into another case, but he couldn't offer details as it is still under investigation.

Laurel Munroe, a spokeswoman for Premier Stephen McNeil, issued a statement saying she would not comment on it because it is a personal matter.

Munroe said Younger met with the premier's chief of staff on Dec. 19 to discuss personal matters and the premier was informed of the meeting the same day.

She said Younger requested a temporary leave on Dec. 23, which was granted by McNeil.

THE CANADIAN PRESS

Survey

Trudeau, Liberals clear front runner in N.S.: Poll

A new quarterly survey shows many Nova Scotians still plan on voting Liberal in the next federal election.

The survey, conducted by Halifax-based Corporate Research Associates Inc., polled 1,500 people from across Atlantic Canada between Nov. 5 and Nov. 30.

Compared to the last survey in August, results show 54 per cent of Nova Scotians said they'd vote Liberal in the next federal election, down six percentage points.

The governing Conservatives were second at 26 per cent, up one percentage point, while the NDP sit at 17 per cent support, up from 13 per cent.



Justin Trudeau
JEFF HARPER/METRO

Another 43 per cent of voters said they were undecided.

When it comes to who Nova Scotians want to see become the next Prime Minister, 42 per cent said Justin Trudeau of the Liberals, while 18 per cent expressed a preference for Prime Minister Stephen Harper.

NDP's Thomas Muclair received 13 per cent support.

The survey, conducted between Nov. 5 to Nov. 30, 2014, carries a margin of error of 2.5 percentage points, 19 times out of 20. METRO

Investigation. Man airlifted to hospital following serious assault

Police are investigating a serious assault they say sent a 27-year-old man to hospital with head injuries.

Around noon Monday, Antigonish County RCMP responded to a report of a man in the Frankville area who had been severely beaten.

According to a release, po-

lice found the man in a car with a 38-year-old woman who they say was driving him to hospital, but RCMP were not able to determine right away when the assault had happened.

The man was airlifted from St. Martha's Hospital to the QEII Hospital in Halifax via Life-Flight. METRO

Low pump price good news for urban gas retailers, too

Drivers not the only ones winning. Wilson Fuel VP says lots of other costs fall when gasoline prices do



RUTH DAVENPORT
ruth.davenport@metronews.ca

The recent slide in gas prices is good news for drivers who find themselves with a little extra cash from week to week — but it's also good for gas station owners and operators in urban areas.

"The bank carrying costs, working capital requirements ... all those costs go down but the margins stay the same," said Wilson Fuel vice-president Dave Collins on Tuesday.

Gas prices across Canada have slumped to levels not seen in several years, with regular self-serve reaching a six-year low of \$0.943 in Halifax last week.

Collins said the retail mar-

gins on gasoline are set per litre, so there's no change to revenues when prices fluctuate.

However, he said, gas station owners benefit from a number of other costs that drop as a result.

"Credit card costs are a percentage of the sales, so the higher the price, the more you pay to the banks for credit cards," he said, adding gas-and-dash crimes also are less frequent when prices fall. "The inventory carrying costs are much higher, and the product loss ... those are more expensive at higher prices."

However, not every gas station owner or operator will be celebrating.

Collins said the owners of small rural or remote stations will suffer because weekly price reductions force them to sell gas for less than they bought it.

"They only flip their inventories roughly once every three weeks, and they keep lowering their price every week, so a lot of them would be struggling with this," he said.

Collins said there's about a

Gain now, pain later?

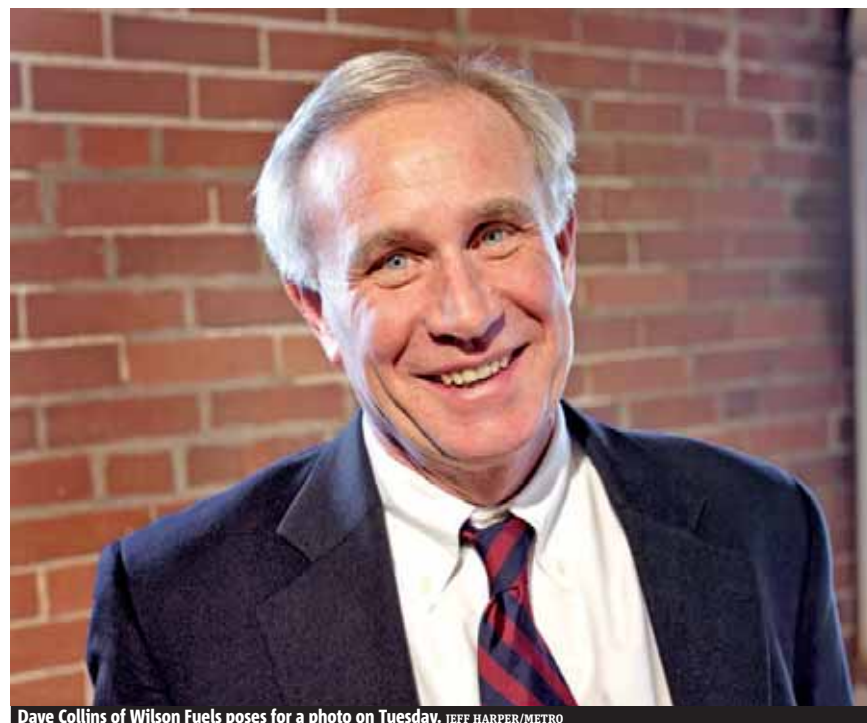
"As a buyer and an operator of a bunch of gas stations, we love low gas prices. Full stop. But ... it's probably not a good thing for Canada, long-term."

Wilson Fuel vice-president Dave Collins

50 per cent chance gas prices will fall below 90 cents a litre, adding they will begin to climb again in February, thanks to normal seasonal market forces.

However, he said, it's reasonable to think the seasonal rises and falls have been depressed overall, and prices will peak at much lower levels over the summer than last year, when they topped \$1.45 in metro.

"There's about seven to eight cents a litre that you can see in the futures market that's there to go into the price," he said. "So this happens every year."



Dave Collins of Wilson Fuels poses for a photo on Tuesday. JEFF HARPER/METRO

Downtown biz commission prioritizes infrastructure



Participants in Downtown Halifax's 2013 Clean Sweep. JEFF HARPER/METRO

Halifax's Downtown Business Commission is starting work on a road map of its plans for the next three years, and the executive director says input from city residents is welcome.

"There's no idea that we won't listen to, (though) we certainly won't promise that anything that people say will get into the plan," said Paul MacKinnon on Tuesday. "This is everyone's downtown, so everyone has a stake in it."

MacKinnon said the commission is starting work on hashing out its new strategic plan, focused on the work

done by action teams in four key areas: member engagement, marketing and communications, advocacy and beautification.

He said advocacy — which usually involves a fair amount of marketing and communication — will likely take centre stage, as the commission is keen to see action on several major projects.

"We know there's going to be a new transit plan coming forward for discussion, so we've got some specific ideas about what we want to see in that," said MacKinnon, adding that the Cogswell Interchange

is another issue that's "languished" for a long time.

Though beautification efforts are sometimes dismissed as a waste of money, MacKinnon said it's essential for the capital's urban core to put on a good face.

The commission does what it can with regular small projects and events like the Clean Sweep, but he said it's essential for the city to establish a funding source dedicated to maintaining the downtown's infrastructure — and by extension, its good looks.

"We've got 35-, 40-year-old sidewalks that are crum-

Have your say

Got ideas to share for the Business Commission's plans over the next three years? Email info@downtownhalifax.ca, tweet @DowntownHalifax, or find them on Facebook.

bling," he said. "Rather than continuing with the pattern where we invest nothing and then every 20 years we do a big project, we really need on-going investment."

RUTH DAVENPORT/METRO

Good season

Blueberries galore

Ideal growing conditions resulted in a record harvest last summer of 62 million pounds for Nova Scotia's blueberry producers. On average, N.S. produces about 40 million pounds each year. **TRURO DAILY NEWS**

Facebook comments

Dalhousie won't release names of accused students

Dalhousie University has rejected a request from the licensing body that governs Ontario's dentists to hand over the names of 13 dental

students accused of posting sexually violent comments about women on a private Facebook page.

University spokesman Brian Leadbetter says the school has an obligation to protect the privacy of its students.

Irwin Fefergrad, registrar of the Royal College of Dental Surgeons of Ontario,

said Monday the governing body wanted the names to make sure that if any of the students involved apply for licences in the province they would face tough questions from the college.

The school said it will decide this week whether fourth-year dentistry classes will resume next Monday.

THE CANADIAN PRESS

Lawrencetown

Firefighters free driver following rollover crash

Police were called to a rollover on Gammon Lake Road in Lawrencetown Tuesday afternoon.

RCMP spokesman Cpl.

Greg Church said witnesses reported the crash around 2:50 p.m., adding that the male driver was trapped inside the vehicle.

The man was able to speak to firefighters, who freed him from the vehicle.

It was unknown what injuries he suffered, if any.

METRO

Dear Halifax: How would you make our city better in 2015?

Tackling the issues.

Facebook page urges Haligonians to share ways to improve our city in the new year



STEPHANIE TAYLOR

stephanie.taylor@metronews.ca

If the sky were the limit, what would you like to see in Halifax?

That's the question Corinne MacLellan and her project, Dear Halifax, are asking residents for the third year in a row.

MacLellan, who is one of the creators behind the Facebook page, is asking Haligonians to celebrate the new year by uploading videos or posting comments with new ideas of what changes they would like to



Corinne MacLellan, one of the creators of Dear Halifax, poses for a photo on Barrington Street. JEFF HARPER/METRO

see happen in our city.

She said the question "How do you see your city at its best?" is at the heart

of the project, along with a strong dose of positive thinking.

With more than 6,500

likes on social media, MacLellan believes the project offers an informal and accessible way to tackle

Quoted

"It's people, in their own words, expressing what their concerns are or what their hopes and aspirations are." Corinne MacLellan, one of the creators of the Dear Halifax Facebook page

some of the city's biggest issues.

"Discussions are never really one-sided," she said Tuesday. "They do tend to referee themselves."

From improving bridge traffic to implementing a rapid transit system, transit remains one of the hot-button topics year after year, she said. The environment also topped last year's list as one of the most discussed issues.

One of the biggest talking points she predicts for 2015 will be employment, since many of the project's users are expatriates who left Halifax to find work out

west and are desperately looking to find work back home.

MacLellan is hopeful that people will dream big with this year's project, and won't be afraid to use their imagination and envision what the city could look like in the next 10, even 50 years.

But the project is more than just wishful thinking, she said.

Several of the ideas people have shared have actually come to life, such as live music on the ferry.

"The door is open for people to ... look at what is possible here in Halifax."



Wassim, Hannah & Megan are living more. Again.

They teamed up with **Northwood Homecare**, one of Eastern Canada's most innovative and responsive providers of older adult services and programs, and now enjoy full & part-time positions, competitive benefits, continuing education, mileage reimbursement and extensive corporate discounts.

You too can start living more as a caring, compassionate **Home Support Worker (HSW)** or **Continuing Care Assistant (CCA)** in Halifax and throughout HRM, if you have a CCA Certificate or Nova Scotia Provincial HSW Certificate.

If this exciting opportunity interests you, or if you are interested in a career with Northwood, contact us:



Human Resources
Northwood
2615 Northwood Terrace
Halifax, NS B3K 3S5

www.nwood.ns.ca

call: (902) 454-3369
fax: (902) 454-3384
email: hr@nwood.ns.ca



Dartmouth teen missing

Police in Halifax are asking for the public's help locating a missing teenager from Dartmouth.

Olivia Dawn Richard, 13, was reported missing to police on Jan. 1 after leaving her Pleasant Street home around 7 a.m.

She was in contact by phone with family and friends as recently as Sunday night, a police release states.

Richard is described as five-foot-two and 170 pounds, with long brown hair featuring blond streaks.

She was last seen wearing a dark jacket, dark pants and a dark toque.

Police say they are concerned for the teen's well-being, but they don't believe she has been met with any foul play.

This isn't the first time Richard has been reported missing. She was also reported missing by her family back in June and found safe and sound the next day.

Anyone with information about her whereabouts is asked to contact police at 902-490-5020. **METRO**



Olivia Dawn Richard

COURTESY HALIFAX REGIONAL POLICE

Mounties investigating after man, 79, found dead in ditch

Kings District RCMP are investigating the sudden death of a 79-year-old man from Waterville whose body was discovered in a ditch Tuesday morning.

RCMP officers responded to a report that the Waterville man went missing from his home on Monday around 11 p.m.

A preliminary investiga-

tion determined the man was last seen leaving his home earlier that morning, and when he failed to return later that evening, his caregiver contacted RCMP.

Officers discovered his body when they responded to a report of a deceased man in a ditch on the side of the County Home Road in Waterville. The RCMP's Forensic

Identification Unit were on scene to assist with the investigation, and determined it was the body of the same missing man.

Police don't suspect foul play.

The investigation is ongoing and an autopsy has been scheduled for Wednesday to determine the cause of death. **METRO**



This Needs store on Chebucto Road in Halifax was robbed on Monday night. JEFF HARPER/METRO

Robberies may be linked: Cops

Multiple holdups.
Police investigate similarities in four incidents in past week



PHILIP CROUCHER
philip.croucher@metronews.ca

Police are investigating the possibility that a man wanted for an armed robbery at a Halifax gas station last week has struck again.

On Monday around 10 p.m., a man with a knife held up the Needs convenience store at 6130 Chebucto Rd.

The man fled on foot with some cash and cigarettes but couldn't be located by officers.

He is described as white, with a thin build and blue eyes, wearing a dark jacket, dark toque and carrying a bag over his shoulder.

The description is similar to

a wanted man now charged in the robbery of the Petro Canada on Quinpool Road on Jan. 1.

In that incident, a man allegedly walked into the business, showed a knife to the clerk and demanded cash and tobacco.

The suspect fled on foot with an undisclosed amount of money and cigarettes. He also had a bag over his shoulder.

On Monday, police announced that they were looking for 23-year-old Shane Thomas Robinson for the Jan. 1 incident. He has been charged with robbery, possession of a weapon for a dangerous purpose and disguise with intent.

Police say Robinson, who has no fixed address, should be considered armed and dangerous.

Halifax Regional Police spokesman Const. Pierre Bourdages said Monday night's robbery, along with others on Jan. 4 at a Needs store on Highfield Park Drive in Dartmouth and at



a Robin's Donuts on Portland Street in Dartmouth on Jan. 2, could be connected.

He was quick to specify however that the only charges laid against Robinson so far are in relation to the robbery at Petro Canada.

"We are exploring similarities in these robberies," he said.

Halifax man to stand trial in unlawful confinement case

A Halifax man facing a dozen charges, including unlawful confinement, will stand trial in June.

Jason Roy Morgan, 40, appeared in Kentville provincial court this week. He pleaded not guilty and elected to be tried by provincial court judge.

Morgan's matters were adjourned to June 23 for trial.

Morgan is facing eight charges stemming from incidents alleged to have occurred in Waterville on Nov. 5, 2014.

They include unlawful confinement, two counts of carrying a weapon in committing an assault, assault, three counts of uttering death threats and a charge of uttering a threat to cause bodily harm.

Morgan faces four other charges dating from earlier in 2014 and alleged to have occurred in Waterville, including committing aggravated assault by endangering a woman's life on July 30, assault on Oct. 9, uttering a death threat on Oct. 16 and criminal harassment between Aug. 1 and Nov. 5.

KING'S COUNTY REGISTER

Golfers pledge \$2K to nab ATV vandals

Thousands of dollars worth of damage has been caused to a Nova Scotia golf course when three all-terrain vehicles tore up several fairways and greens.

"The guys were out to have a good time ... which they did at our expense," said Adam Kenney, vice-president of the River Hills Golf and Country Club.

The incidents happened on the Clyde River course on Jan. 1 and Jan. 2.

The four-wheeler tracks were gouged deep into the delicate green and fairway in what Kenney described as a deliberate act of vandalism. The Shelburne RCMP is investigating the matter.

"We are hoping that someone in the public might have seen something and will come forward," said Sgt. Ben Parry.

Kenney said the fishermen in the area who are members of the course have rallied together to offer a reward for anyone who can offer evidence to convict the vandals.

The pot has grown in a week from \$200 to \$2,000.

Quoted

"We look to the community to support us and ask that they be patient with us."

Adam Kenney, vice-president of the River Hills Golf and Country Club



Damage on the No. 11 hole at River Hills. SHELburne COAST GUARD

The most significant damage was done to the No. 11 fairway and green. The damage to the green will take almost a year to repair. The expensive and time-consuming process includes layering soil and sand, rolling, seeding, treating and finally allowing it to grow.

"It's going to take time, money and help from the community," said Kenney.

If the reward is not used, the money will go toward the initial cost of repairing the green.

There was also minor damage to the greens and fairways on holes 12, 13 and 14.

Kenney said the vandalism

was a big blow to the club.

The group worked hard to operate the facility without a deficit. With the significant cost and repairs to be incurred this year, they will need members to remain loyal more than ever to break even.

With many tournaments planned for this season, including the IWK Charity tournament, there will be a temporary green placed for the upcoming season.

River Hills is offering a special first-time member rate of \$418 (taxes included) to help keep membership numbers up and pay for the cost of repair.

SHELburne COAST GUARD



CONTINUING CARE ASSISTANT

Do you enjoy caring for others and want to get into the workforce quickly? Train for a new career in Continuing Care, one of the fastest growing fields of health care. Get hands-on training provided by industry professionals.

TURN YOUR PASSION INTO A PROFESSION!



HALIFAX
1577 Barrington Street
Halifax, NS

Call for more information TF: 1.866.429.1847
OR GO TO davincicollege.org TODAY!



Deportation of jailed Al-Jazeera journalist in final stages: Family

Mohammed Fahmy.

Canadian-Egyptian journalist's arrest is believed to stem from Egypt's political rivalry with Qatar

The family of a Canadian-Egyptian journalist imprisoned in Cairo for more than a year said Tuesday they have been told he is set to be deported soon and hope an upcoming visit by Foreign Affairs Minister John Baird will speed up the process.

Mohammed Fahmy is one of three Al-Jazeera English journalists who were convicted last year of terror-related charges and sentenced to between seven and 10 years in prison.

Last week an Egyptian court ordered a retrial for Fahmy and his colleagues, Australian correspondent Peter Greste and Baher Mohamed, an Egyptian producer, but a date has yet to be set.

Fahmy's fiancée said the family hopes he will be de-

Political pawns?

"We three journalists had unwittingly been dragged into a cold war between Egypt, Saudi Arabia, the United Arab Emirates and Bahrain on one hand and Qatar and its allies, including Turkey, on the other."

Mohammed Fahmy, one of three Al-Jazeera journalists imprisoned in Egypt, wrote in an opinion piece published Tuesday in the New York Times

ported before the new trial.

"We have submitted the deportation application and the Fahmy family met with a senior government official who confirmed the process is in its final stages," Marwa Omara said in an email sent from Cairo.

"The Canadian government is following up with the Egyptians here and hopefully Canadian Foreign Minister John Baird's visit next week can expedite the process."

The Department of Foreign

Affairs has not released a date for Baird's visit to Cairo, but Omara said the family has been told he will arrive Jan. 15.

She said Fahmy's lawyers — Amal Clooney and Lorne Waldman — have requested a meeting with Baird prior to the visit to "better understand the legalities of the transfer and the litigation expected upon Fahmy's arrival."

Baird said Tuesday the government "has been working very hard" on the Fahmy case.

The case has sparked widespread condemnation from international rights groups and other media outlets, who say the journalists have been unjustly jailed for doing their job.

The arrest is believed to stem from Egypt's rivalry with Qatar, which funds Doha-based Al-Jazeera, and which was a close ally of ousted president Mohammed Morsi and his banned Islamist Muslim Brotherhood.

In recent weeks Egypt and Qatar have moved to thaw relations, raising hopes the three journalists could be released.

THE CANADIAN PRESS



In this Monday, March 31 file photo, Al-Jazeera English producer Baher Mohamed, left, Canadian-Egyptian acting Cairo bureau chief Mohammed Fahmy, centre, and correspondent Peter Greste, right, appear in court along with several other defendants during their trial on terror charges, in Cairo, Egypt. THE ASSOCIATED PRESS FILE

Harper fills vacant slots on national security team



CSIS head Richard Fadden ADRIAN WYLD/THE CANADIAN PRESS

One day after dumping Julian Fantino as his veterans affairs minister, Prime Minister Stephen Harper has moved to beef up his national security team.

Deputy defence minister Richard Fadden, the former head of the Canadian Security Intelligence Service, has been named Harper's top national security adviser. Veteran civil servant David McGovern becomes Fadden's deputy.

The positions carry an enormous amount of power in light of the ongoing military and anti-terror campaign against

the Islamic State of Iraq and the Levant and rising tension with Russia in eastern Europe.

The top security post has been vacant since the departure of Stephen Rigby, who left to become head of Ontario Lottery and Gaming Corporation.

Harper did not name a replacement for Fadden at National Defence, but did shuffle other deputy ministers, including those at Health, Public Works, and Environment.

Michelle d'Auray, who helped implement the new defence acquisition strategy at

Fantino's ouster

The move to fill vacant slots comes one day after former Veteran Affairs Minister Julian Fantino was ousted.

- Fantino, a former police chief who represents the riding of Vaughan, north of Toronto, is now an associ-

ate minister of defence in charge of procurement.

- Under Fantino, the department came under heavy fire from veterans groups, the veterans ombudsman, the auditor general and the political opposition.

Public Works, was appointed Tuesday as Canada's ambassador to the Organization for

Economic Co-operation and Development in Paris.

THE CANADIAN PRESS

Inspired by Pickton case

New policy aims to support vulnerable witnesses

The failure of Crown prosecutors to press a drug-addicted woman nearly murdered by Robert Pickton to testify against the serial killer has inspired new policy to support vulnerable witnesses.

B.C.'s criminal justice

branch has implemented a series of new regulations that will help victims participate in criminal prosecutions, fulfilling a key recommendation made by the public inquiry looking into Vancouver's missing women.

A 1997 trial against Pickton was called off when the Crown decided the woman he attacked was unreliable as a witness because she was a heroin addict.

THE CANADIAN PRESS

Protests planned

Bill Cosby worried about disruption at Ontario shows

Comedian Bill Cosby promised his Canadian fans "the show of their life" Tuesday as he urged them not to get involved if protesters disrupt any of the shows he has planned in Ontario this week.

Cosby's international

tour rolls on despite growing allegations of sexual assault against the veteran TV star, with scheduled stops in Kitchener on Wednesday night, London on Thursday and Hamilton on Friday. Protests are being organized outside the Cosby shows in each city. Cosby has cancelled or postponed at least 10 shows on his current tour due to sex assault allegations, but the three in Ontario will go ahead. THE CANADIAN PRESS

Edmonton

Mass murder highlights need for awareness: Police

Police say the recent mass murder of eight people in Edmonton underlines the need for public awareness of domestic violence.

Staff Sgt. Sean Armstrong with the domestic offender crimes section says family

abuse is society's responsibility. He says there are many agencies that offer help for victims, if they want it.

Phu Lam shot seven people in his home on Dec. 28, including his wife, eight-year-old son and three-year-old niece.

The next day he shot and killed a woman in another house where he was looking for someone else, then killed himself. THE CANADIAN PRESS

Nigeria. Islamic forces take joint military base

Nigeria's chief of defence staff acknowledged Tuesday that the headquarters of a multinational military force on Nigeria's border with Chad has been seized by Islamic extremists.

Air Chief Marshal Alex Badeh told reporters that only Nigerian troops were at the key base at Baga, on the shores of Lake Chad, when insurgents attacked Saturday because Niger and Chad had withdrawn their fighters from the base.

Thousands of people have been killed and about 1.6 million driven from their homes in the five-year-old Islamic

Security meeting

Nigeria confirmed Islamic extremists seized the base of a joint military force.

- **Only Nigeria remains?**
A senior military officer said troops from Niger, Chad and Cameroon had withdrawn from Nigeria months ago, a rumour Badeh denies.

uprising in Africa's most populous nation and its biggest oil producer. **THE ASSOCIATED PRESS**

New York

Three questioned in police shooting

Three suspects were being questioned Tuesday about the shootings of two New York City plainclothes police officers responding to a grocery store robbery, authorities said.

One of the suspects was

seen on a surveillance video from the crime scene in the Bronx, police said.

Both officers are listed in stable condition.

The shooting occurred around 10:30 p.m. Monday. The officers were coming off their shift when they and three other plainclothes officers responded to the robbery report. **THE ASSOCIATED PRESS**

Jury selection begins in Boston terror trial

Marathon bombing.

More than 400 potential jurors got their first look at the man charged with plotting attack

As prospective jurors got their first look at Dzhokhar Tsarnaev, the young man accused of bombing the renowned Boston Marathon, it became clear that choosing a jury in the closely watched terror case would not be a quick or simple process.

U.S. District Judge George O'Toole Jr. told the first 400 people called for jury duty that choosing a panel of 12 jurors and six alternates for the highly anticipated trial was expected to take at least three weeks.

He told the potential jurors not to think of the trial as "an annoying burden," but as a



In this courtroom sketch, Boston Marathon bombing suspect Dzhokhar Tsarnaev, third from right, is depicted with his lawyers and U.S. District Judge George O'Toole Jr., right, as O'Toole addresses potential jurors at the federal courthouse on Tuesday in Boston. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

needed service and an "important duty of citizenship."

Tsarnaev is accused of planning and carrying out the twin bombings that killed three people and wounded more than 260 others near the mara-

thon's finish line on April 15, 2013. Prosecutors say Tsarnaev and his brother, now dead, also killed an MIT police officer several days after the bombings.

The prosecution and Tsarnaev's lawyers have begun the

process of trying to find fair and impartial jurors. Jurors must also be willing, if Tsarnaev is convicted, to consider imposing the death penalty in a state that abolished its own death penalty three decades ago. Tsarnaev is being tried under the federal death penalty.

Defence lawyers have asked repeatedly that the trial be moved from Boston, where the bombings had a deep emotional impact. O'Toole has refused so far.

Prosecutors say Tsarnaev and his brother, Tamerlan Tsarnaev — ethnic Chechens who had lived in the United States for about a decade — carried out the bombings in retaliation for U.S. wars in Muslim countries. Tamerlan, 26, died in a gunfight with police days after the bombings.

The defence is expected to argue that Dzhokhar had a difficult childhood and fell under the influence of his older brother. **THE ASSOCIATED PRESS**

LASIK MD
VISION

**SEE NOW
PAY IN 2016[†]**

\$0 / \$0 / 0%

down payments interest

Starting at \$490 per eye*

Book a free consultation at
1-866-999-0435 or lasikmd.com

*Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

VOICES

ALL THE CONTENT, NONE OF THE GUILT

Metro's Matt LaForge doesn't feel bad about all the unblocking he's done on Netflix, but he wouldn't be able to explain why *nearly* as well without all the contraband he's watched



**MATT
LAFORGE**

readers@metronews.ca

I have a confession that I'm almost excited to make, such is my lack of remorse over it: For more than three years now, I've been living in Canada but regularly watching what we up here call "American Netflix." I'm an inveterate unblocker. And, as Butch Coolidge said to Esmeralda Villalobos in Pulp Fiction, which I fondly remember streaming via American Netflix, I don't feel the least bit bad about it.

There's no way to know exactly how many unblockers this country harbours, but surveys suggest that the number is high. No surprise there: Unblocking is tempting (Parks and Recreation, It's Always Sunny in Philadelphia and the ESPN 30 for 30 documentary series vs. Mr. D) and it's easy (if you can use Google, you can do it). And, most important, until earlier this week, unblocking was improbably, spine-tinglingly consequence-free, like wearing a great-fitting

pair of pants borrowed from a friend who has long since forgotten he ever owned them.

But the party may be ending. Last weekend, a couple of websites reported that Netflix had begun cracking down on unblockers. Then, on Monday, Netflix issued a statement that, in effect said, "We're not OK with unblocking, we never have been OK with unblocking, and we have a prerogative deriving from our obligations to the companies we license our content from to make sure that streamers are streaming from where they're supposed to be streaming from."

Well, OK then.

Look, I wasn't born yesterday. I know when it's time to return the pants. So, in light of Netflix's tough talk, I'm hereby cooling it on the unblocking until all this blows over. But do I feel bad about the unblocking I've already done? In the words of Long Duk Dong (Sixteen Candles, another illicit stream I look back on with tender affection), "No way, Jose!"

The main reason I feel this way is that Netflix got its money. Unblocking isn't file-sharing,

which I might as well admit I've also done an inordinate amount of. When you download a movie torrent, the movie's copyright holder gets nothing. But when someone in Canada unblocks American Netflix, the Canadian copyright holders with whom Netflix has licensing agreements still get their pre-negotiated pieces of your \$8 a month. The arrangement is not what any of the parties to the licensing deals had in mind, but, take it from me, it's relatively easy on the conscience.

The other reason is that Netflix sends mixed messages. We're talking about a company that has since Day 1 of my subscription been willing to let me share my login and password with my parents, my girlfriend, her parents, my sister, a few of my more trifling cousins, a couple of guys I at one time owed money to, and basically whoever else has troubled themselves over the past three years to so much as ask.

This is not to mention all the friends, relatives and acquaintances with whom the aforementioned are sharing my login and password,

or to mention however many other of *their* respective friends, relatives, and acquaintances are cutting in on the action, and on and on and on, such that as we speak my sign-in credentials are spreading at the speed of shamelessness to every corner of an infinitely ramifying Brady Bunch-intro-style matrix of moochery.

The company that stood idly by when my dad called my sister one cold December night and said, "Get the hell off Netflix — your mother and I want to watch Wallander" when it could have insisted on making him pay his own \$8 a month is now, all of sudden, going by the book? You can't be serious. When anything goes cool parents get a call from the truant officer and decide on a dime to become disciplinarians, they face what's called a credibility problem. Same goes here.

Hear this, fellow unblockers: We've had a great run, and in the event that this crackdown proves to be a bluff, we'll have another. Don't let misplaced guilt ruin it. To quote the tragically doomed Cyrus (The Warriors — you never forget your first unblock): "I say, the future is ours."

Ban on tobogganing a slippery slope



**PAUL
SULLIVAN**

vancouver@metronews.ca

Winter is bad enough, so why are we making it worse?

It's true; cities all over North America are banning tobogganing for same reason bureaucratic weasels ban anything: It's dangerous. OK, it's dangerous. Almost 230,000 kids were injured sledding in the U.S. in the decade between 1997 and 2007, according to the Center for Injury Research and Policy. But so is everything else. In that same reckless nation, about 275,000 kids suffer non-fatal bicycle injuries each year. About 82,000 kids are treated for trampoline injuries, and 61,000 kids are hurt skateboarding.

As far as I can tell, there are no statistics on the danger involved in getting up every morning, but few will argue that

it is eventually fatal. Still, this tobogganing menace has to be stopped, and cities from Dubuque, Iowa, to Montville, N.J., have climbed on the ban-wagon. Closer to home, sledding is banned in Hamilton and numerous slopes in the GTA. They'd ban it in Vancouver if there was any snow.

Let's not forget that while they're busy banning winter fun in Iowa it's OK to drive around with a handgun, so what's the point? The point, of course, is that they're really afraid of lawsuits.

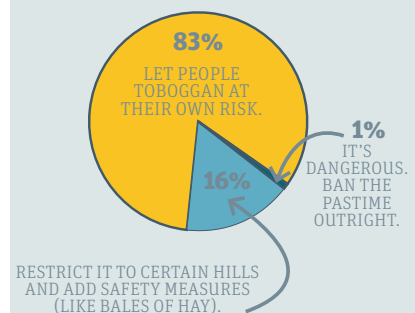
But bans don't even work. Some guy in Hamilton was awarded \$900,000 after he injured his spine in a sledding accident, even though sledding is banned in Hamilton. The court decided that even though he was breaking the law, the city should have warned him about that snow-covered ditch. Really? This ban on tobogganing will take us down a slippery slope that's guaranteed to end in a wipeout.

There's a school in Toronto that has banned all balls except those foam Nerf balls. Try playing basketball with a Nerf ball. And there's a woman in Vaughan, Ont. who is trying to get the oak trees near the school chopped down because the acorns could cause anaphylactic shock in kids with nut allergies.

We're creating people who are good

We asked you:

HOW SHOULD CITIES HANDLE TOBOGGANING?



for only one thing: Texting with a helmet on.

Meanwhile, the war on winter fun continues. Next up: the backyard skating rink. The city of Cornwall, Ont. ordered a family to dismantle its lovingly constructed rink because a neighbour complained and it violates various bylaws. The same thing happened recently in Sherbrooke, Que., where a neighbour complained that a local backyard rink was too "noisy."

Um, that's what fun sounds like. Banning sledding is one thing. The backyard rink is another. It's as Canadian as Tim Hortons, moreso now that Tim's is owned by Burger King.

Ban the backyard rinks and you strike at the heart of Canadian hockey supremacy. We might as well just give back that junior hockey gold medal to Russia, where winter fun is compulsory.



Metro gets swabbed for OneMatch

Mark Watkin poses with Metro employee Jennifer O'Callaghan after she gets swabbed for OneMatch, the national stem cell donor registry. At any given time, close to 1,000 Canadians are waiting on a stem cell match. Watkin, who lost his daughter Sarah to cancer after she was unable to find a matching donor, is encouraging everyone to get swabbed and add their information to the registry. For more information, visit onematch.ca. LUKE SIMCOE/METRO

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Russell Crowe ALL PHOTOS: GETTY IMAGES

Crowe tells actresses: Act your age and you'll have role to play

Russell Crowe sat down with Australia's *Women's Weekly* — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age.

"To be honest, I think you'll find that the woman who is saying that (the good roles for women have dried up is) the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you

can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out your pitchforks, Crowe has some anecdotal evidence to back up his claims.

"I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have lessened," he says. "Can you believe this? This (character) was a woman with four children, and there were reasons why she had to

have four children — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit arguing, just play the role."

Also, Crowe insists that he's given the same tough love to himself, saying, "The point is, you do have to be prepared to accept that there are stages in life. So I can't be the *Gladiator* forever." But come on, Russ. Some of us actually saw your dreadful *Robin Hood*. But hey, maybe it's a really, really recent revelation for him.



Blake Lively and Ryan Reynolds

Blake Lively quietly rings in the New Year as a mom

Blake Lively certainly knows how to keep things under wraps. The former *Gossip Girl* star and husband Ryan Reynolds reportedly welcomed their first child in December, just before the New Year, but managed to keep mum about it until now. The baby, whose gender and name have not yet been announced, arrived prematurely, but both Lively and the newborn are "healthy

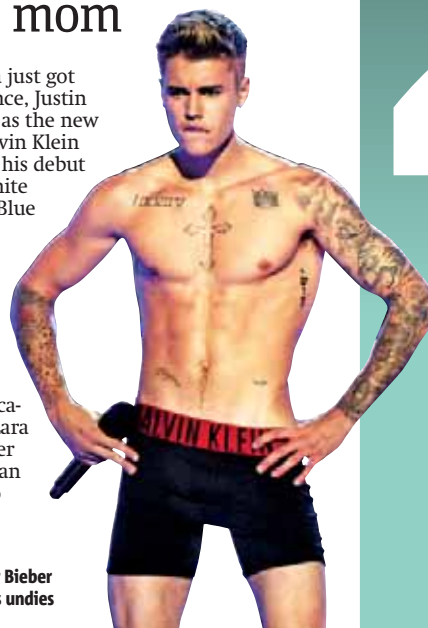
and doing well" now, sources tell *Page Six*. This is the first child for Lively and Reynolds, who were married in 2012.

And if previous reports are any indication, we know just how the new parents will be celebrating their arrival: "She's saying she wants to get pregnant really soon after she pops this baby out," a source told *E!* News back in October. And both Lively and Reynolds have made no secret about the fact that they want a big family. So maybe let's give them some privacy this week?

See, walking around with your skivvies showing does help, mom

The biggest ego in Canada just got bigger. Pop's reigning prince, Justin Bieber, has been unveiled as the new face — and body — of Calvin Klein Underwear. Bieber makes his debut in a series of black-and-white photos featuring his best Blue Steel and a suspiciously rounded and unrealistic bulge. He kicked things off with a six-second video feature showing him playing drums. We're pretty sure that, at least, is all Bieber.

In the ads, Bieber also cavorts with British model Lara Stone, who is a real trooper — and the wife of comedian David Walliams. Hey, who wants to just think about Marky Mark for a while?



Speculation started shortly after Bieber appeared at *Fashion Rocks* in his undies

Game of Thrones to take series finale to the Imax

The biggest show on television is about to get a lot bigger. Like, Imax bigger. HBO is supersizing its hit *Game of Thrones*, bringing the final two episodes of last season to Imax screens later this month along with an exclusive trailer for season five. The engagement runs Jan. 23 to 29, with tickets reportedly going on sale "in the coming days" at Imax's site — and possibly as early as today. So get on that.

The episodes and trailers will occupy 150 Imax screens across North America for the week, offering the first real glimpse of the new season, debuting in April, aside from a few vague clips online about



Peter Dinklage as Tyrion Lannister in *Game of Thrones*.

three-eyed ravens and the vision "becoming clear."

Katy plots to shake, shake, shake things up with Taylor

This might actually get me interested in the Super Bowl. Katy Perry is reportedly planning to work a reference to her ongoing feud with Taylor Swift into her halftime performance next month, according to *Hollywood Life*.

"She wants to make a statement with her performance and show that she is the biggest female act in the world, and she wants to show that to everyone including Taylor, who she has a feud with," a source says. "Katy will be doing something on stage during her performance that will be directed

towards Taylor. She is working on it to be a visual or a lyric-related jab."

Oh man, the possibilities! Will Perry make out with and dump Harry Styles on stage? Burn a photo of adorable kitty Olivia Benson in effigy? Or maybe pretend to be a country artist for the first few songs in her medley, then completely abandon the genre? We'll have to wait and see.

Katy Perry



2
SCENE

Tracy Ullman on the across-the-pond series switch

Television. The British laughmaker chats about borrowing a country's small screen concepts

NED
EHRBAR
Metro in Hollywood

British actress and comedian Tracy Ullman has more than earned her place in television history after multiple successful shows based around her chameleon-like ability to take on characters — plus hosting the show that launched a little animated family called the Simpsons. But she's far from done, and

she has a few choice opinions about the state of the entertainment industry.

Would you say the U.S., in its Golden Age of television, has actually just been co-opting a lot from the British television world?

Well, there's always been changing formats for many, many years. I mean, Sanford and Son was a British show, you know. All in the Family was a British show. People took the formats from England and made shows here, so there's always been a cross-cultural exchange.

When I first came to America in the '80s, there was Saturday Night Live already, but there was nothing else. I remember they

What's the next big thing?

- "Sketches are hard because people have no focus. What's that thing that's six seconds? Vine? You look at that and you go, 'What was that?' A couple of guys had a moment, something really funny, but it's gone.' So if you do a show nowadays, nobody can concentrate for more than six seconds?"

brought Spitting Image to America in the '80s with the puppets, and they impersonated Reagan. I remember seeing it on NBC and saying to my husband, "They'll never stand for that in this

country, because they still respect the President. They won't let that stand." And I was right, it was off in two weeks. And yet now, late night satire is just unbelievable. There wasn't a lot of that when I first got here. That was a very British thing.

What about very American things?

We, in England, would kill to develop something as great as Friends. I love Friends. It's a lovely comfort food to me. It's brilliant. My kids watch an episode every night before they go to sleep, and my daughter watches Golden Girls.

Have you thought about doing more shows like The Tracy Ullman Show and

Tracy Takes On?

I mean, yeah, I've done that eclectic multi-character thing. I'm getting older now, and you begin to think, God, what's funny? What can you say? It's tough.

It's bleeding rough out there. (Adopts a deep news anchor voice.) "Terrorism, cyber-terrorism threat, breaking news, blackened stool problems, are you allergic to this? Have you got a lawsuit? Did you take this drug in the last six months? You could die! Five things in your refrigerator that could you kill you!" It's like, good God, what can we laugh at? Don't say this, don't say that.

But there's always something to laugh at. I'm going to write something in the New Year."



Tracy Ullman GETTY IMAGES

The Book of Negroes brings female-led epic to life



Aunjanue Ellis on the set of Book of Negroes. JEFF HARPER/METRO IN HALIFAX

Aunjanue Ellis aged decades within hours, experienced years of love and despair within months — and took each day as if it were "a gift."

Ellis stars as Aminata Diallo in The Book of Negroes, a six-part miniseries based on Lawrence Hill's award-winning Canadian novel of the same name. Aminata is forced into slavery as a child and taken from West Africa during the 18th century to work on a plantation in the Deep South before going to Nova Scotia as one of the black Loyalists post-American Revolution, eventually find-

ing her way home.

"When epic stories are told like this, it's usually from the male perspective, a male hero," Ellis said in a June interview from Mississippi. "Just the novelty of (this) was exciting to me, and the fact that her story spanned so many decades."

Ellis said she hadn't heard about the book before reading the script, but loves being involved with novel adaptations because there's so much source material on a character.

Aminata wants to be a storyteller and goes through her life with grace, empathy, and a detachment that allows her to observe the people around her, which Ellis said she found "incredibly aspirational."

"I was thinking in my own private time, 'What would

Miniseries debut

The Book of Negroes debuts tonight at 9 p.m. on CBC.

Aminata do in this situation?" Ellis said with a soft laugh. "To me, she was very real."

She had to have both a sense of growth and regression to play Aminata from her 20s to 50s, sometimes within a day, Ellis said, but she took it one day at a time rather than trying to portray an entire life in a three-month shoot.

"(It) was just me living as much as I could in the experience," Ellis said. "It was just a gift for me and for everybody."

By filming in searing heat in South Africa and freezing temperatures in Canada, Ellis

said she's proud the series follows Aminata's footsteps — even though being attacked by mysterious bugs while running through the jungle wasn't exactly comfortable.

But director Clement Virgo wasn't interested in "comfort," Ellis said, adding the cast agreed it was important to be as authentic to the realities of slavery, including whippings and rape.

Ellis said she hopes the story brings about an international conversation about how Aminata was placed in that situation, and how women and children are still experiencing violence, as with the kidnapping of Nigerian school girls in April.

"We sort of ... dismiss it and go towards issues we think are more fundamental and that's unacceptable," Ellis said. **HALEY RYAN/METRO**



A new career. A better life.

Find job satisfaction and security as a trained Paralegal.

Earn your Diploma in 52 weeks!

SEATS STILL AVAILABLE FOR MARCH

Call or Click Today

463-6700 maritimebusinesscollege.com





**Lift Your Spirit
Renovate
Your Body**

**halifax@taoist.org
taoist.org
902 422 8142**

BEGINNERS' CLASSES

**Taoist Tai Chi™ Arts of Health
STARTING NOW. You are welcome to try - your first class is FREE.**

HALIFAX - 2029 North Park St. by the Oval • **DARTMOUTH** - 54 Woodlawn Rd. • **SACKVILLE** - 650 Sackville Dr.
TANTALLON - 15 French Village Stn. Rd. • **ENFIELD/EAST HANTS** - 50 Old Enfield Rd.

When you've got an L.A. layover, it's time to head to West Hollywood

Rest time. Nestled between Hollywood and Beverly Hills, this pocket of L.A. offers great outdoor options and nightlife



ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
Follow @metrotoronto and @dobbernation

Each year thousands of Canadians find themselves connecting through LAX en route to Australia, New Zealand, Asia and beyond. Why not extend your layover in California and enjoy some of the luxuries L.A. has to offer?

It's even possible to enjoy this freeway sprawling city without ever renting a car.

Unpack at The Chamberlain Hotel, a design-driven urban oasis ideally situated on a tree-lined residential street in West Hollywood. Nestled between Hollywood and Beverly Hills, WeHo offers a perfect home base with so much to see just a hop, skip and a jump away.

The Chamberlain's well-appointed suites are a quiet and calm retreat from the hustle and bustle of the city's streets while its rooftop pool provides the perfect spot to splash through a margarita at sunset.

If energizing exercise and a breath of fresh air is something you need after a long haul flight, be sure to sign up for Bikes and Hikes' wildly popular L.A. In A Day Bike Adventure. Explore every nook and cranny of Los Angeles with a friendly guide via a 50-kilometre full-day pedal. The tour offers a



L.A. In A Day Bike Adventure explores a 50-kilometre loop of the city, including Venice Beach. ISTOCK

truly unique view of the city, allowing guests to explore from Beverly Hills to Santa Monica Pier, Venice Beach and beyond.

Voda Spa is WeHo's best-kept secret and the perfect spot for those looking to fight jet lag, nurse that hangover or simply rest and relax. The treatments and saunas here reflect cultures from across the globe and include traditional Russian banya, Swedish cedar dry sauna and a Turkish wet steam bath.

Be sure to sign up for the signature platza treatment, a rigorous massage performed with venik — a leafy, fragrant bundle of oak, birch and eucalyptus, which soaks in warm water and is applied using rhythmic taps and strokes.

At night, head to DBA Holly-

wood, where film fans pack to the brim for an evening filled with song and dance.

The production team at For the Record puts on dazzling interactive musicals based on the work of famous Hollywood directors with past triumphs including Scorsese, John Hughes and Tarantino. The team is currently wrapping up an extended run of Baz Luhrmann, a three-hour extravaganza inspired by the Australian directors cinematic hits Strictly Ballroom, Romeo and Juliet, Moulin Rouge and The Great Gatsby. If you look closely through the dimly lit theatre you're sure to spot Rumer Willis (daughter of Demi Moore and Bruce Willis) who has performed in the last few productions.



The Chamberlain's rooftop pool is the perfect place to relax after a long leg of flying. ANDREW DOBSON/METRO

3
T
I
E

AIR CANADA VACATIONS

Punta Cana, Dominican Republic | NON-STOP FLIGHTS FROM HALIFAX, HOTEL & TRANSFERS

Luxury Bahia Principe Esmeralda, Don Pablo Collection **PRIVILEGES**
All-Inclusive • Junior suite • Feb. 22 • 1 wk.

\$1609

Add taxes & other fees: \$430

Luxury Bahia Principe Ambar, Don Pablo Collection **PRIVILEGES**
All-Inclusive • Junior suite • Feb. 22 • 1 wk.

\$1728

Add taxes & other fees: \$430

aircanadavacations.com Call 1 877 236-6228 or your travel agent

Prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Prices are in Canadian dollars, are valid for bookings made on Jan. 7, 2015, apply to new bookings only and for departure dates as indicated. Prices are per person based on double occupancy, unless otherwise stated, from Halifax International Airport in Economy class and include surcharges. Non-refundable. Subject to availability at time of booking. Not applicable to group bookings. Further information available from a travel agent. Flights operated by Air Canada or Air Canada Rouge. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC. Visit www.aircanadavacations.com for up-to-date information.



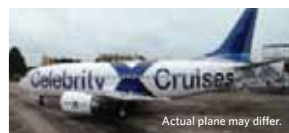
Luxury Bahia Principe Esmeralda, Don Pablo Collection



Exclusive Non-Stop Flights from Halifax to Miami



CALL TODAY, Space is selling quickly.
Still available*: Feb. 7, 14, 21 Mar. 7, 21, 28, Apr. 4, 2015



Actual plane may differ.



LIMITED TIME OFFER: FREE overnight stay at the Hilton Garden Inn Halifax Airport.

Inclusions: 8 nights of parking, shuttle service to/from Halifax airport, buffet breakfast, in room flat screen TV, Internet, Keurig coffee maker, mini-fridge and microwave, access to indoor mineral water pool and fitness centre. To reserve, call Hilton Garden Inn at 888-667-6005 and provide your valid Celebrity booking number to receive your free overnight stay. ++

Offer valid on Feb. 7, 14, 21 and Mar. 7 sailings only.

Celebrity Cruises Caribbean Vacations

It's All Included from \$1499*.

- 7 Night Eastern or Western Caribbean cruise aboard Celebrity Reflection®
- Ports of call include: St. Thomas, St. Maarten, San Juan, Cozumel, Grand Cayman, Jamaica and our private island, Labade®
- Roundtrip NON-STOP flight from Halifax, NS to Miami, FL
- Up to 2 checked bags per traveler*
- Complimentary in-flight meal, beverages, entertainment and headsets
- Classic Beverage Package during your cruise; including beer, wine, spirits and more*, approx. value of \$789 (3rd and 4th guests each receive a non alcoholic beverage package and 40 minute Internet package)
- All gratuities and taxes* for your cruise
- Roundtrip ground transfers

Suites from \$3,319* / Veranda Staterooms from \$1,999*

Oceanview Staterooms from \$1839* / Interior Staterooms from \$1499*

3rd and 4th guests sharing stateroom from \$1499**

For information visit www.celebritycruises.com/canada

To reserve, call your travel agent or call 1-888-776-1155

Celebrity X Cruises®

That's modern luxury.™



UPDATED

* Offer valid for departures between Feb. 7 to Apr. 4, 2015. Classic beverage package for two applies to two guests (21 years and older) per stateroom and includes beers up to \$6 per serving; spirits and cocktails up to \$8 per serving and wine up to \$9 per serving, soda selections, fresh squeezed and bottled juices, premium coffees and teas and non-premium bottled water. Upgrades to other beverage packages are available for an additional charge plus beverage gratuities. Gratuities applies to two guests per stateroom and provides for prepaid stateroom attendant, waiter, assistant waiter and head waiter gratuities (amounts based on gratuity guidelines). 3rd and 4th guests receive gratuities and non-alcoholic beverage package which can be upgraded to an alcohol package for a fee. **3rd/4th guest pricing based on Mar. 7 sailing in an interior stateroom - other categories slightly higher. Max. total baggage allowance of 20 kilos (44 lbs.) per person. Price is in CAD, p.p. based on double occupancy for new individual bookings, subject to availability and may change at any time and is inclusive of all taxes, fees and port charges. Ports of call vary by itinerary. Prices are based on the lowest minimums available as follows and will vary by sailing: suites from \$3319 for sailing Mar. 21, verandas from \$1999 for Mar. 7 sailing, oceanview staterooms from \$1839 for sailing Mar. 7; interior staterooms from \$1499 for sailing Mar. 7. Other categories/occupancy types and sailing dates are available at varying prices. Celebrity Reflection® Eastern Caribbean Feb. 7, 14, 21, Mar. 7, 21 & Apr. 4 and Western Caribbean Feb. 28, Mar. 14 & 28. This program is not combinable with any other offers and is not available online. +Based on availability at time of printing. Space is subject to availability and change at time of booking. Please ask for details regarding terms and conditions concerning deposit, final payment and cancellation penalties. ++Valid for All Included Caribbean Cruise packages departing from Halifax on Feb. 7, 14, 21 and Mar. 7, 2015. Valid for new bookings Dec. 15, 2014 onward for a limited time only. Reservation must be made prior to arrival at the hotel. Guests pay for any additional nights, upgrades, room service, incidentals and any items of a personal nature. Offer is based on a standard hotel room, a one night stay based on single, double, triple or quad occupancy that is reserved in conjunction with a Celebrity Cruise package. Limit one hotel room per Celebrity booking. A valid credit card must be provided at time of check in in order to receive complimentary hotel night stay. Offer is not redeemable for cash, is non-transferable and no credit will be provided for unused accommodation. Offer subject to availability and change without notice and is capacity controlled. Hilton Garden Inn Halifax Airport is located at: 200 Pratt & Whitney Drive, Enfield, Nova Scotia B2T 0A2 www.hiltonairport.hgi.com. Restrictions apply. Celebrity Cruises reserves the right to correct any errors, inaccuracies or omissions and to change or update fares, fees and surcharges at any time without prior notice. © 2014 Celebrity Cruises, Inc. Ship's Registry: Malta and Ecuador. All Rights Reserved. 5758 • 12/14

Hit the Kootenay loop if you're looking for powder

Alpine. B.C.'s Powder Highway offers a laid-back way to enjoy some of the best skiing



Red Mountain near Rossland, B.C. THE ASSOCIATED PRESS

For many in the skiing world, the resorts of Canada's Powder Highway in British Columbia's Kootenay region are secrets they'd rather not share with the public.

The circuit links eight mountain resorts and many times more Nordic, heli- and cat-ski operations across 677 kilometres.

"There's very little out there that can rival the quality and terrain in the Kootenays," says Ian Johnston, a Vancouver transplant to Rossland where he skis at Red Mountain.

"If you want powder, you go to the Kootenays," he says. "If you go to party, you go to Whistler," referring to the better-known and massive ski resort that hosted the 2010 Winter Olympics, a nine-hour drive from Rossland.

Like most locals, Johnston grudgingly agrees that those along the Powder Highway need to share their light, airy powder bonanza with the

world. The laid-back resorts offer miles of trails, massive quantities of vertical feet, heli-skiing and communities where skiing is a passion passed from generation to generation.

The gems along the highway through the pristine valleys of the western slope of the Rockies and the Purcell and Selkirk mountain ranges are: starting in the East Kootenay, Fernie Alpine Resort near the mining town of Fernie; Kicking Horse

Mountain Resort west of the entrance to Yoho National Park; Kimberley Alpine Resort outside the picturesque city of Kimberley; Panorama Mountain Resort outside Invermere; and Revelstoke Mountain Resort west of Kicking Horse.

Moving into the West Kootenay region, Red Mountain Resort is minutes from the cities of Rossland and Trail, and Whitewater Ski sits above the trendy lakeside city of Nelson.

THE ASSOCIATED PRESS

New year

Put these spots on your 2015 trip list



ON THE
MOVE
Loren Christie
lifem@metronews.ca

Looking to holiday somewhere out of the ordinary this coming year? I asked some industry experts to share some unique destination suggestions for 2015.

The Jolie-Pitts recently bestowed their celebrity endorsement upon Malta when they had a working honeymoon on this European island nation while filming *By the Sea*. This past season's racers on *The Amazing Race* showed us just how blue the waters of the Blue Grotto are when they rappelled down into this popular tourist attraction. And, if the Hollywood effect isn't enough, Malta should get some royal treatment in 2015. This past fall, the Duchess of Cambridge missed her first solo trip overseas when a visit to the republic was cancelled



Kate and the Jolie-Pitts can't be wrong in picking Malta as a sojourn spot. ISTOCK

due to severe morning sickness. Cheapflights.ca predicts that she will plan a makeup visit in 2015 with royal baby No. 2 in tow.

Having come off 2014 as the host of the FIFA World Cup and preparing to again welcome the world for the 2016 Summer Olympics, this is Brazil's gap year. According to travelzoo.ca, the country will open 400 new hotels over the next year, enticing more travellers to hot spots such as Rio de Janeiro and Iguazu Falls. Air Canada has increased its service to this South American hot spot by adding three direct flights between Toronto and Rio. If

your curiosity is piqued, and you want to avoid the crowds and costs of an Olympic year, now is the time to go.

Topographically speaking, 2015 is the year to get high. July will mark 150 years since the first Matterhorn ascent and Zermatt, Switzerland is celebrating with open-air performances, festivals and sporting events. The 101-year-old Hörnli Hut, the starting point for a Matterhorn climb, will reopen after being refurbished. Meanwhile Salzburg, Austria will be alive with The Sound of Music as the Rodgers & Hammerstein's gem marks its 50th year. The city will host tours and singalongs.

Are you suffering from professional envy?

Career. Instead of treating your career like a competition, focus on figuring out what matters to you.

**RIANA
TOPAN**
TalentEgg.ca

For a young professional, social media can sometimes be a challenge.

We're constantly being fed updates and information about what our friends and acquaintances are up to, making it easy for us to feel like what we are doing isn't measuring up.

While a bit of competition can be a good motivator, many students and grads can get caught up in their peers' successes.

If this sounds like you, here are a few ways you can handle your career envy.

Adjust your attitude

Remember that the things we see on social media are carefully chosen tidbits of information that reflect a person's best side.

Constantly comparing yourself to others will only frustrate and upset you. Take what you see with a grain of salt, and take a step back to get some perspective. The only person you should compare yourself to is you.

Keep in mind that building a successful career doesn't happen overnight. It takes time to cultivate skills, learn about your strengths and weaknesses, and work your



Remember, it's as much about the journey to your dream job as it is finally getting it. Life's too short to concentrate on drawing online comparisons. ISTOCK

way up to your dream job.

Even though you may feel pressured to reach certain professional milestones within a set time frame, there's value in trying things out and making a few mistakes along the way.

Rushing through the early stages of your career may mean you're less likely to end up where you want to be. You could miss out on some amazing opportunities because you didn't take the time to

take advantage of them.

It can be fun to see what other people are up to, but if you're feeling overwhelmed by what your peers are doing, take a break from social media and use that time for reflection and career planning.

Take pride in the successes you have had so far.

Take action

If you're looking to get ahead professionally, there are

many things you can, and should, do to move your career along.

Set goals for what you want to achieve professionally.

Having a sense of direction will make it easier for you to stay positive, because you'll remember that what matters most is your dedication to reaching your end goal — not whether your job title or salary are on par with that of your friends.

For example, if you've always wanted to learn a new language or take a business management course, there's no time like the present to make it happen!

Try talking to your boss about taking on extra responsibilities to gain new experience and skills.

Going the extra mile can help you make a positive impression on your employer — and your initiative will look great on your resumé too.

Volunteering is another great way to further your career — any volunteer position can help you to learn and grow, meet new people, and build up your CV.

Want to work your way up your company's corporate ladder?

See if you can meet, and ideally, treat, a high-level executive to a coffee or lunch. Ask them about their career journey: What advice can they can pass on to you to help you achieve your goals?

Get up and go

Your future is brighter than you think

- At the end of the day, what matters is that you feel good about what you've accomplished.
- Keep yourself motivated, but remember that there is no right or wrong path; all you can do is try to make good choices based on the information you have at a given time and work to continuously and actively invest in yourself and your future.
- A little bit of hard work, strategic thinking and careful decision-making can go a long way in helping you to take your career to the next level. It just requires some kind of action; you have to be ready and willing to get out there and do what you need to do.

Networking when you're between two jobs

Career. Fill your time wisely while you're waiting to work

**VICKI
SALEMI**
Metro in New York City

Most of us have been unemployed at some point for one reason or another. It's normal for self-esteem to plummet when you're between jobs. Maybe there were budget cuts and your position was abruptly eliminated.

Whatever the situation, there are a variety of ways to keep marketing yourself when you've left a job but don't have

a new one lined up.

LinkedIn

Update your LinkedIn profile to highlight your skills, but do not feel the urge to update your title to "consultant" or "professional seeking full-time work." Recruiting is a lot like dating, and although you want to get the word out, employers want to know you're a hot commodity. Changing your title to something generic equates to sitting on the bench waiting to be asked to dance, even when you have lots to offer.

Business cards

Even if you don't have a job, you are still out there making connections. Get simple cards

created as a way to easily give out your contact information. You don't have to break the bank, but ensure they include the essentials: your name, email, phone number and Twitter handle (if you have a professional feed).

Do you have a mission statement or a portfolio website? Feel free to include those as well. If you're in finance, going for a conservative black and white card is prudent.

But if you work in a creative field like graphics, feel free to include a sample design on the back.

It's an easy way to stand out from the crowd, especially when your contact finds your card weeks later.



Try to stay positive between jobs by reading books about success and staying healthy. ISTOCK



Roll up robust flavours for dinner

Squash and Ricotta Rotelle. A rose sauce is a welcome alternative to more common red or white options



DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for something a little more fancy? Why not try this stuffed pasta dish for your next family get-together?

You can also make it ahead and enjoy it for a weeknight meal if unexpected guests pop by.

Make sure you check out the produce aisle for precut and peeled squash to speed up this recipe.

And if there is no time to make this rose sauce, simply add 35% whipping cream to some pasta sauce and you will have an instant rose you will love.

Swirls of pasta surround this

pale orange filling that has added crunch from the hazelnuts.

No fresh pasta? Simply use about 24 dried lasagna sheets, cooked, and bake.

1. In a saucepan of boiling water, cook squash about 20 minutes or until tender. Drain and place in large bowl. Using potato masher, mash squash until smooth. Stir in ricotta, hazelnuts, parsley, cheese, garlic, pepper and salt.

2. Meanwhile, in a pot of boiling salted water, cook pasta for 2 minutes. Drain and rinse under cold water. Lay in single layer on clean tea towel and pat dry. Spread squash mixture evenly over pasta sheets, leaving 1/2 inch (1 cm) on one short end. Starting on opposite end, roll up jelly-roll style. Slice each roll into 8 pieces; set aside.

3. Rose Sauce: In saucepan, melt butter over medium-high heat. Add flour and cook, stirring for 1 minute. Whisk in milk and cook, stirring about 10 minutes or until

thick enough to coat back of spoon. Add pasta sauce, salt, pepper and nutmeg.

4. Pour half of the sauce into a 13x9-inch (3 L) greased baking dish to cover bottom. Place pasta pieces in pan, overlapping slightly. Pour over remaining sauce to cover. Sprinkle with cheese. Bake in 375 F (190 C) oven about 25 minutes or until golden and bubbly.

Make ahead

If you want to make this recipe ahead of time, here are some tips.

- **Step 2.** After rolling up, wrap in plastic wrap and refrigerate for up to 1 day.
- **Step 4.** Cook an additional 10 minutes if using make-ahead. Once cooked, let cool 30 minutes. Cover and refrigerate for up to 2 days.

Ingredients

- 6 cups (1.5 L) peeled and cubed butternut squash (about 2 lb/1 kg)
- 1 cup (250 ml) ricotta cheese
- 1/2 cup (125 ml) toasted chopped hazelnuts
- 1/3 cup (75 ml) chopped fresh Italian parsley
- 1/4 cup (60 ml) grated Parmesan

- cheese
- 1 small clove garlic, minced
- 1/2 tsp (2 ml) pepper
- 1/4 tsp (1 ml) salt
- 4 sheets fresh pasta

Rose Sauce

- 3 tbsp (45 ml) butter

- 3 tbsp (45 ml) all-purpose flour
- 3 cups (750 ml) milk
- 1/2 cup (125 ml) pasta sauce
- 1/2 tsp (2 ml) each salt and pepper
- Pinch fresh grated nutmeg
- 2 tbsp (30 ml) grated Parmesan cheese



This recipe makes eight servings. EMILY RICHARDS

Comforting Italian ideal for winter



This recipe for Lobster Manicotti Fra Diavolo serves five. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a medium saucepan over medium-high, heat the oil. Add the onion and cook until tender and beginning to brown, 6 to 8 minutes. Transfer half of the onions to a medium bowl. Add the red pepper flakes and garlic to the saucepan and continue to cook for 3 to 4 minutes. Add the tomatoes and cover. Cook, stirring occasionally, for 15 to 20 minutes. Stir in the lemon juice, then season with salt and pepper. Set aside.

2. Add the lobster, ricotta and basil to the bowl of onion. Stir to combine, then season with salt and pepper.

3. Heat the oven to 400 F. Bring a large pot of salted water to a boil. Spread 1/2 cup of the sauce over the bottom of a 9-by-9-inch baking dish.

4. Cook the pasta in the boil-

ing water according to package directions, then drain well. Working quickly and carefully with one sheet of pasta at a time, lay a pasta sheet flat in front of you. Spoon 1/4 cup of the lobster-ricotta filling across the bottom edge of the pasta sheet. Roll the pasta away from you, forming a tube around the filling. Lay the rolled and filled pasta (manicotti) on the sauce in the baking dish.

Ingredients

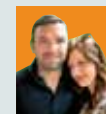
- 2 tbsp olive oil
- 2 medium yellow onions, chopped
- 1 tsp red pepper flakes
- 3 cloves garlic, thinly sliced
- 28-oz can crushed fire-roasted tomatoes
- 2 tbsp lemon juice
- Kosher salt and black pepper

5. Repeat with the remaining pasta sheets, filling and lining the manicotti in a row in the prepared pan. Spoon the remaining sauce over the tops of the manicotti. Bake for 20 to 25 minutes, or until the sauce is bubbling and browning around the edges. Serve topped with basil and grated Romano, if desired.

THE ASSOCIATED PRESS

Food around the world

India (vegan rating: 9/10)



MEAT AND VEG
meatandvegontheroad.
tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.



Veg: Both of our pallets were spoiled in this much-anticipated country. India is home to an estimated

and staggering 500 million vegetarians, so Veg was never short of options. In one of many vegan-friendly restaurants in Hampi she had a ghee-free, cashew-vegetable curry served on a large leaf and accompanied by vegan naan instead of rice.



Meat: Goa is the go-to coastal tourist destination here, and the seafood was of a very high standard. Huge juicy shrimp starred in my favourite hot vindaloos, but on this occasion I went for a local Goan fish curry. A modest bowl of basmati rice came alongside a silver bowl of beautifully spiced curry that enveloped a soft flaky white fish. India truly tasted divine.

MLB

Pitch-perfect hall-of-famers

Randy Johnson, Pedro Martinez and John Smoltz, a trio of star pitchers who dominated in an era of offence, were elected to baseball's Hall of Fame on Tuesday along with Craig Biggio, the first time since 1955 writers selected four players in one year.

The Big Unit, Martinez and Smoltz easily earned induction on their first tries, and Biggio made it on the third attempt after falling two votes shy last year. Steroids-tainted stars Roger Clemens, Barry Bonds, Mark McGwire and Sammy Sosa remained far from election.

Johnson, a five-time Cy Young Award winner with 303 victories and 4,875 strikeouts, was selected on 534 of 549 ballots by veteran members of the Baseball Writers' Association of America.

"The Hall of Fame was never something that I surely ever thought about," said Johnson, who has been pursuing a photography career since his retirement.

THE ASSOCIATED PRESS

Going back to QMJHL

Duclair demoted by Rangers

Forward Anthony Duclair will rejoin the Quebec Remparts of the Quebec Major Junior Hockey League after helping Canada win gold at the world junior championship, the Remparts confirmed Tuesday.

Duclair started the season with the NHL's New York Rangers, recording a goal and six assists in 18 games. **THE CANADIAN PRESS**

Leafs forced to look in mirror after firing

NHL. Carlyle's dismissal puts pressure on Toronto's core group of players to crack playoffs

The Maple Leafs will face the Washington Capitals Wednesday and begin in earnest the process of moving forward after Randy Carlyle's firing.

But not before the Leafs' "core" group was questioned Tuesday about their ability, responsibility and accountability to become a different and more consistent team under new coaches Peter Horachek and Steve Spott.

"That is a very fair question for anyone to ask," Leafs captain Dion Phaneuf said when asked about the viability of the Leafs core group.

"The bottom line is we as players have got to get the job done. This is a result-oriented business and we are expected to win hockey games."

While Carlyle was fired Tuesday on the heels of a 2-5 road trip, the Leafs' core group shared the spotlight and the blame with their former coach for the team's performance, which has disturbingly trended backwards from a 10-1-1 winning streak prior to Christmas.

Phaneuf, Phil Kessel, Tyler



Randy Carlyle looks on from the Leafs bench during what turned out to be his last game as Toronto's head coach, a 5-1 loss in Winnipeg on Saturday. Carlyle, a native of Sudbury, Ont., who was fired on Tuesday, went 91-78-19 in 188 games as Leafs coach over parts of four seasons. **MARIANNE HELM/GETTY IMAGES**

Bozak, James van Riemsdyk, Joffrey Lupul, David Clarkson and Jake Gardiner have been shrouded in criticism ever since the Leafs forked over almost \$250 million collectively over the life of their respective contracts (all are signed through 2018 and up to 2022).

Phaneuf, van Riemsdyk and several other Leafs, admitted culpability in Carlyle's dismissal.

Horachek stepped into

the coaching void, and while the Leafs have not made their coaching situation official yet, Horachek and Spott are expected to co-coach, possibly for the remainder of the season.

Horachek, though, appears to be the coaching voice of the team for now. He's a former assistant in Nashville who had a strong relationship with Barry Trotz.

On the core group's performance, Horachek said he and Spott — assistants under Carlyle — are looking for better leadership.

"I can't talk to what's happened in the past ... all I can talk to is the last two months that I've been here," Horachek said.

"I think that's one area

where I think we have to be more prepared mentally, purposefully, individually and have a better attitude to start practices and start games and to work through tough times.

"When things are difficult, that's when adversity hits, that's when you need leadership, that's when we need everyone to step up and be part of that. Every team in the league goes through tough times, in different ways, different styles of tough times. You all have to deal with it and you all have to move forward and you have to take that direction and do something positive with it.

"It's how you deal with it is what makes the difference.

TORSTAR NEWS SERVICE

Phil speaks up

"You think it's my fault? Is that what you're saying? I don't think so, I play, eh?"

Phil Kessel who took issue with a reporter's question Tuesday about being difficult to coach, calling it "a weird question" to ask.



Lightning's hot line reels in Canadiens



Lightning forward Brett Connolly celebrates after scoring a second-period goal on Carey Price on Tuesday night in Montreal. **PAUL CHASSON/THE CANADIAN PRESS**

Tyler Johnson scored twice in a four-goal second period as the Tampa Bay Lightning won the matchup for top spot in the NHL Eastern Conference with a 4-2 victory over the Canadiens on Tuesday night in Montreal.

Brett Connolly and J.T. Brown also scored for Tampa Bay (26-12-4), which moved two points clear of Montreal atop both Atlantic Division and Eastern Conference standings.

Dale Weise and Max Pacioretty both scored for Montreal (26-12-2), which holds two games in hand on

On Tuesday

4

Lightning

2

Canadiens

the Lightning.

The Canadiens played their first home game since Dec. 20 after winning five straight on the road. They'd won six in a row overall.

The Bolts' line of Johnson, Ondrej Palat and Nikita Kucherov, who each had two assists, is red hot. In their last seven games, Palat has 13 points while Kucherov and Johnson have 11 each.

Tampa Bay outshot Montreal 36-22. The Canadiens are now 16-1-0 when scoring first in a game.

Montreal was looking to avenge a 7-1 loss at Tampa Bay on Oct. 13, but did not play smart hockey against one of the league's best two-way clubs. **THE CANADIAN PRESS**

4 SPORTS

2015 Volvo S60 T6 Drive E

- **Type.** Four-door, front-wheel drive, compact-to-midsize luxury sedan
- **Engine.** 2.0-litre turbo-charged I4 (302 hp)
- **Transmissions.** Eight-speed automatic
- **Price.** \$44,295 base, \$53,145 as tested

Market position

Sedan variant of Volvo's entry-level family of sedans (S60), wagons (V60) and crossovers (XC60). Market appeal is designed around safety and a clean interior design. The T5 has a new 2.0-L turbo four-cylinder engine, good for 240 hp. The T6 combines turbocharging and supercharging — good for 302 hp.

Points

- A mid-cycle revision for 2014 included new body panels from the A pillars forward and a revamped interior.
- A new line of Drive E four-cylinder engines all come with a start/stop feature for improved fuel economy, and an Eco+ mode that adjusts the engine and cuts off accessories as soon as possible.
- A new 8-speed automatic transmission.



The S60 boasts as much safety tech as anything in its class.

Safety features

An IIHS Top Safety Pick, it received NHTSA's five-star rating for crash performance and is one of few vehicles in this segment to pass IIHS's tough small overlap frontal crash test. Safety systems include pedestrian and cyclist detection with automatic braking and city safety (warning and braking when approaching a vehicle too quickly).

Still Swedish but more efficient

PHOTOS: MIKE GOETZ



Review. Although now owned by China's Geely, Volvo's new S60 was designed and engineered in Sweden

MIKE
GOETZ
drive@metronews.ca

Volvo has long provided a strong Swedish alternative in a luxury market dominated by German brands.

So Volvo fans have been holding their breath ever since Chinese automaker Geely purchased the brand from Ford in 2010. Would Volvo continue to be Swedish-centric?

Well, so far, so good. Most aspects of Volvo's engineering and design continue to originate from Sweden, and Geely has demonstrated it is

willing and able to invest in future Volvo products.

The transformed S60 is one of the first Volvos to feature the new Drive E line of fuel-efficient yet powerful, direct-injection four-cylinder engines, all with an automatic start/stop function. With various levels of turbo and supercharging, and a future hybrid-electric option, these engines will eventually power all Volvos.

The S60 line starts at the T5 (\$39,595), with a 2.0-litre turbo Drive E engine with 240 hp. Our tester was an upscale T6, which packs a 2.0-litre engine with both turbocharging and supercharging to produce 302 hp. The theory is to use supercharging for power at low revs and turbocharging at high revs, and it works just as advertised. I couldn't detect any handover issues, just lots of grunt all the time.



The restrained but gorgeous interior is both functional and elegant.

Although the engine is lusty, it remains civilized and quiet — unless you really push the pedal to unleash its mean side. It is a charismatic motor, which is a good thing, because the S60's handling is less so.

The S60 remains a nice, smooth ride, although its

front-wheel-drive architecture is not really in the same league as the rear-wheel designs from Germany.

The interior, however, is gorgeous. Rendered with characteristic Scandinavian restraint, it is both functional and elegant. If you think some luxury cars have too

Compare



1 Acura TLX Tech V6
Base price: \$43,864
All new for 2015 with a 290-hp V6 engine and front-wheel drive with all-wheel steer.



2 BMW 335i
Base price: \$53,295
Boasts a 300-hp inline 6, with lots of visual horsepower, too.



3 Cadillac ATS 2.0L turbo
Base price: \$39,373
A sporty rear-wheel drive with 272 hp. But the back seat and trunk are a bit tight.

much visual interior stimulus, this might suit your style.

My T6 had sport seats, which were very therapeutic and supportive. Even though the rear-seat area is smaller than some competitors, the seats themselves are a cut above.

The S60 is packed with as much safety technology as anything in its class — lane-keeping assist, torque vectoring for safer cornering, blind-spot detection, pedestrian and cyclist detection with full automatic braking, and driver alert control.

Always smooth, powerful, safe, and distinctly Volvo, the new S60 adds vastly improved fuel economy to its list of attractions.

What's not to like?

Delivering the final step to battle gridlock

Driving Force.

Businesses must find better ways to transport goods from warehouses to stores and homes

JIL
MCINTOSH
drive@metronews.ca

When experts talk about sustainable transportation and solving traffic woes, most of them concentrate on personal cars and public transit. But there's another piece of the puzzle that needs to be addressed: last-mile logistics.

That's the name given to the final delivery of goods as they're shipped from warehouses to stores, restaurants, businesses or private homes. About 20 per cent of all city traffic is related to last-mile delivery, so optimizing it could reduce the number of trucks on our streets and the corresponding traffic congestion, as well as cut down significantly on emissions and air pollution.

"The right vehicles need to be used for each type of (cargo) movement, so customers can select the most convenient commercial vehicles in each situation,"



France's postal service uses electric vans and bicycles to deliver smaller quantities of mail. JIL MCINTOSH

says Yoshihide Maeda, senior managing director for truck manufacturer Hino Motors. "When you're talking about the future, you cannot avoid the issues of energy and the environment."

Currently, the general business model is to store items in warehouses until a customer orders them, and then load them onto a truck for delivery. Although the first miles of delivery, from the factory to the warehouse, are fairly efficient (with ships, trains and tractor-trailers usually filled completely on each

trip), last-mile deliveries are often made using large or medium-sized trucks loaded to only a fraction of their capacity.

One solution, Maeda says, is for fleets to include a variety of vehicles and use the appropriate one for each task. "Conventionally, diesel has been used for everything, but there may be better choices for other distances," he says. "Electric vehicles and plug-in hybrids are convenient for high-frequency, small-item delivery in cities. Then you would use hybrid vehicles

(or hydrogen) fuel cells for medium distances, and diesel will continue for long distance."

Although vehicles play a major role in the issue,

experts agree that infrastructure needs to change as well. Last-mile deliveries can bottleneck when retailers don't have sufficient loading docks or storage space, so wholesalers have to keep sending partially loaded trucks.

Other potential solutions include manufacturers pooling their warehousing and deliveries to retailers; setting up "package stations" where retailers or consumers can pick up their products; designing stores to be better equipped for efficient last-mile delivery; and trucks with modular loading for improved capacity.

Of course, there will be challenges, and planners will have to solve such issues as the costs of retrofitting existing fleets and stores, as well as convincing competitors to work together on shared resources.

Optimized options

- France's postal system uses a variety of vehicles for last-mile delivery, including small electric cargo vans for parcels, and electric-assist bicycles for letter carriers.
- Drones will play a role with inner-city deliveries, as well as carrying food and medicine to remote areas or people trapped in disaster zones.
- Compact cargo vans, such as Ford's Transit Connect and Nissan's NV200, have already helped optimize small-item deliveries for many Canadian companies.

Technology. Volvo XC90 will help connect its drivers to nearby cyclists

Volvo is demonstrating its latest safety concept, a smart cycling helmet that connects with cars, at this week's International CES in January.

The concept was developed in collaboration with sports gear manufacturer POC and Ericsson to reduce collisions. If a cyclist is in a driver's blind spot, both receive a warning.

The driver will be alerted via the car's heads-up display, while a warning light in the helmet will alert the cyclist, enabling both to take the necessary action to avoid a collision.

The smart helmet communication system is controlled by a smartphone app and the processing is done via the cloud, so that alerts and information can be sent to all drivers of connected cars in the immediate area.

Volvo cars already have an array of collision and accident mitigation technologies that can track other road users' movements and even automatically apply the brakes



A warning appears on the windshield when a cyclist is in your blind spot. AFP

when a collision course is identified.

However, there are very few smart systems available to detect road users like cyclists, motorcyclists and pedestrians.

A global growth in cycling has resulted in an increase in serious cycling accidents.

Volvo's City Safety system — standard on the new XC90

— is a technology that can detect, warn and auto-brake to avoid collisions with cyclists.

"By exploring cloud-based safety systems, we are getting ever closer to eliminating the remaining blind spots between cars and cyclists and, by that, avoid collisions," said Volvo vice-president Klas Bendrik.

AFP

Service Directory - to advertise contact 421-5824

January 7

MASSAGE THERAPY

John Panter,
Certified Rolfer™



Are you
tired of
chronic
pain...?

902 425 2612 • fareast@auracom.com

HOME HEATING

Heat Pumps
from \$33/mth



Heat Pump Guys

902-444-7870

Halifax | Dartmouth
Sackville | HRM

APARTMENTS

WOW!

\$1000
MOVE IN
INCENTIVE!*

Newly renovated 1, 2 & 3 BR units
Starting at just \$615
Clean and spacious apartments.

Located on Rolieka Dr & Churchill Court,
in Dartmouth. Walking distance to shopping,
dining and banking. Short drive to Mic Mac Mall
& Dartmouth Crossing. On Bus Routes #10 & #54

Call today 902-462-3544
pinegreenpark@hotmail.ca

*To new qualified tenants

Give it to a friend
at no extra cost.

metro

APARTMENTS

realstar®

Ask about our
rental incentives

SPRING GARDEN APTS
5770 Spring Garden Rd.
*Steps to Public Gardens & all
the shops on Spring Garden Rd.*
Bachelor, 1 BR, 2BR Suite

- Newly Renovated Suites
- Indoor Pool, Sauna & Fitness Facility
- 24/7 On-site Staff
- Pet Friendly (Cats & Dogs)
- 24/7 Laundry Facilities
- Underground Parking & On-site Storage
- 5% Military & Capital Health Employee Discounts Available

15%
Seniors
Discount

902-422-5254



CUNARD COURT
2065 Brunswick Street
*A short walking distance to
everywhere in downtown Halifax.*
1BR, 2 BR

- Downtown Living at a Great Price
- Above & Underground Parking Available
- 5 Appliances
- In-suite Laundry
- Cat Friendly
- 5% Senior, Military & Capital Health Employee Discounts Available

902-442-7247



STONECREST VILLAGE
80 Chipstone Close
*Park-like setting close to
Bayer's Lake Park*
**1 BR, 1BR + Den, 2BR,
2BR Large & 3BR**
(No Security Deposit on Select Suites)

- Cat & Dog Friendly on Select Floors
- 5 Appliances**
- Private Balcony
- In-suite Storage
- 24/7 Deluxe Laundry
- Underground Parking**
- 5% Senior, Military & Capital Health Employee Discounts Available

902-701-0021



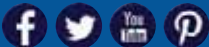
BEDFORD HEIGHTS
22-40 Bedros Lane
Overlooking Bedford Basin
**2BR & 2BR Large
starting at \$1150**

- Modern Suites with Spacious Balconies
- 6 Appliances
- In-Suite Laundry
- Cat Friendly
- 24/7 Exercise Room
- 5% Senior, Military & Capital Health Employee Discounts Available

902-442-7231

**Available in Selected Suites.

Follow us

For more information visit: www.realstar.ca

www.metcap.com
902-402-4161
or 902-401-1835
Managing Over
4,000 Apartments
in the Maritimes

ONE-MONTH FREE
RENT ON ALL
PROPERTIESFIND YOUR
NEW HOME!
Call
902-449-RENT (7368)

HALIFAX

1 & 11 Drysdale Rd.
**1BR \$579, 2BR \$707,
3BR \$739**
Heat & Hot Water included
Call 902-830-1038

22-40 River Rd.
1BR \$579
Heat & Hot Water included
Call 902-830-1038

1 & 11 Drysdale Rd.
**1BR \$565, 2BR \$707,
3BR \$769**
Heat & Hot Water included
Call 902-830-1038

DARTMOUTH

1-10 Crystal
1BR \$646, 2BR \$799
Call 902-402-6287

1 & 3 Farthington Place
1BR \$666
Heat & Hot Water incl.
Call 902-401-2735

77 Farrell St.
1BR \$629
Call 902-401-2735

2 & 4 Franklyn Crt.
1BR \$697, 2BR \$849
Call 902-830-9060

211-221 Glenforest
2BR \$859
Call 902-830-2149

11 Glenview Dr.
2BR \$759
Heat & Hot Water incl.
Call 902-830-2158

31 & 35 Highfield Park Dr.
11 Joseph Young Dr.
2BR \$679
Utilities Extra. 1 Parking incl.
Call 902-402-6287

15/25/35 Leaman
1BR \$659
Heat & Hot Water incl.
Senior Incentive*
Call 902-789-9963

15 Middle St.
1BR \$634, 2BR \$739
Call 902-789-9982

6-16 Nivens
**Bach \$530, 1BR \$634,
2BR \$769**
All Utilities incl.
Call 902-402-6287

87 Pinecrest Dr.
1BR \$629
Call 902-789-9981

36-36A, 60, 65
& 81 Primrose
1BR \$619, 2BR \$719
Heat & Hot Water incl.
Senior Incentive*
Call 902-401-2735

356 Windmill
1BR \$666, 2BR \$768
All Utilities incl.
Call 902-830-0474

*call for more information



THE ABIGAIL

New year, new apartment! Get started at our Saturday Open House*

New open-concept apartments
with a spectacular views!902-402-2591 | 56 Jacob Lane, Bedford | theabigailapartments.ca 11-5pm.

www.metcap.com
902-402-4161
or 902-401-1835
Managing Over
4,000 Apartments
in the Maritimes

FIND YOUR
NEW HOME!
Call
902-449-RENT (7368)

HALIFAX

3 Autumn Dr.
1BR \$559, 2BR \$669
Heat & Hot Water incl.
Call 902-401-1835

5 Forbes St.
1BR \$599, 2BR \$669
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-1835

451-540 Herring Cove Rd.
**1BR \$579, 2BR \$649,
3BR \$739**
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-1835

550 & 611 Herring Cove
**1BR starting at \$579,
2BR \$649, 3BR \$719**
Heat, Hot Water, Pking incl.
Cat Friendly
Call 902-401-1835

DARTMOUTH

117 Albrow Lake Rd.
2BR \$649
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-402-4161

4 Alfred
1BR \$629
Heat, Hot Water, Parking incl.
Cat Friendly
Call 902-402-4161

40 Brule St.
1BR \$529, 2BR \$599
Call 902-402-4198

67 Caledonia
1BR \$589, 2BR \$719
Heat & Parking incl.
Call 902-402-0481

4 Crystal Dr.
2BR \$699
Heat & Hot Water incl.
Call 902-402-4198

6-14 Galaxy
2BR \$719
Heat, Hot Water, Parking incl.
Call 902-402-1518

7 Jackson Rd.
1BR \$549
All utilities incl.
ONE MONTH FREE
Call 902-401-5715

14 Jackson
ONE MONTH FREE
1BR \$569
Heat & Hot Water incl.
Call 902-440-3884

7 Kennedy Dr.
**1BR \$599, 2BR \$669,
3BR \$729**
Heat & Hot Water incl.
ONE MONTH FREE
Call 902-401-8312

11 Kennedy Dr.
**1BR \$599, 2BR \$669,
3BR \$729**
Heat & Hot Water incl.
ONE MONTH FREE
Dog Friendly
Call 902-401-8312

15 Kennedy Dr.
ONE MONTH FREE
Dog Friendly
**1BR \$579, 2BR \$599,
3BR \$729**
Call 902-401-8312

79 & 81 Lakecrest Dr.
**1BR \$599, 2BR \$669,
3BR \$719**
Heat & Hot Water incl.
ONE MONTH FREE
Dog Friendly
Call 902-402-1518

123 Pinecrest
Bach \$529, 1BR \$629
Heat, Hot Water, Parking incl.
Cat Friendly
Call 902-402-4198

19-32 Primrose
1BR \$549, 2BR \$659
Heat & Hot Water incl.
Call 902-402-4198

85-133 Pinecrest Dr.
3BR \$779
ONE MONTH FREE
**1BR \$579, 2BR \$599,
3BR \$729**
Heat & Hot Water incl.
Call 902-402-4198

28, 30 & 44 Primrose
2BR \$659
Heat & Parking incl.
Call 902-402-4198

384.5 Portland
1BR \$649, 2BR \$679
Call 902-402-1518

24 Roleika Dr.
1BR \$649
All Utilities incl.
Call 902-401-8312

237 Roleika Dr.
2BR \$689
Heat, Hot Water, Parking incl.
Cat Friendly
Call 902-401-8312

12 Trinity Ave.
1BR \$589
Heat & Hot Water incl.
Call 902-402-4161

KENTVILLE

190 Oakdene Ave.
**Bach \$599, 2BR \$679,
3BR \$729**
Heat, Hot Water & Parking incl.
ONE MONTH FREE
Call 902-691-3000

WINDSOR

490 Wiley
**Bach \$579, 1BR \$619,
2BR \$709**
Heat, Hot Water, Pking incl.
ONE MONTH FREE
Dog Friendly
Call 902-791-0232

SYDNEY

39, 43, 45 Jefferson
1BR \$629, 2BR \$729
Heat, Hot Water & Parking incl.
Call 902-537-0299

GLACE BAY

65-73 Dominion
1BR \$579, 2BR \$659
Call 902-537-0202

visit metronews.ca

metro

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

Aries

March 21 - April 20

Control your feelings today, especially if someone you thought you could trust lets you down. Don't get upset about something you can't change.

Taurus

April 21 - May 21

A colleague you thought you could rely on will say something that makes you realize they are not on your side after all. End the association if you think that's the right thing to do.

Gemini

May 22 - June 21

Your current big idea may be wonderful but don't shout about it too loudly. In fact you should keep it to yourself at least until the end of the week.

Cancer

June 22 - July 23

You may feel confident but the planets warn you should think before taking on authority. If you feel the need to prove yourself wait until Mars changes signs on the 12th.

Leo

July 24 - Aug. 23

Form a picture in your mind of where you'd like to be a year from now and then start doing the things that will make it happen. All things are possible but you need to plan ahead.

Virgo

Aug. 24 - Sept. 23

Something you have spent months trying to get right will solve itself over the next 24 hours. Accept the situation and get on with your life.

Libra

Sept. 24 - Oct. 23

Someone you don't get along with will be friendly towards you today and you're right to be suspicious. According to the planets, they're up to no good.

Scorpio

Oct. 24 - Nov. 22

You are full of energy but don't expect other people to be as active as you. Just because you are racing around does not mean everyone has to follow.

Sagittarius

Nov. 23 - Dec. 21

Be careful what you say over the next 24 hours because if you say too much you could hurt a friend's feelings and chances are they won't be a friend for much longer.

Capricorn

Dec. 22 - Jan. 20

You may worry that you have fallen behind in your schedule but the planets indicate there is plenty of time to catch up. In your personal life and at work make this a day of planning.

Aquarius

Jan. 21 - Feb. 19

You might be tempted to argue with someone whose opinions you find offensive but they are likely deliberately trying to provoke you into overreacting.

Pisces

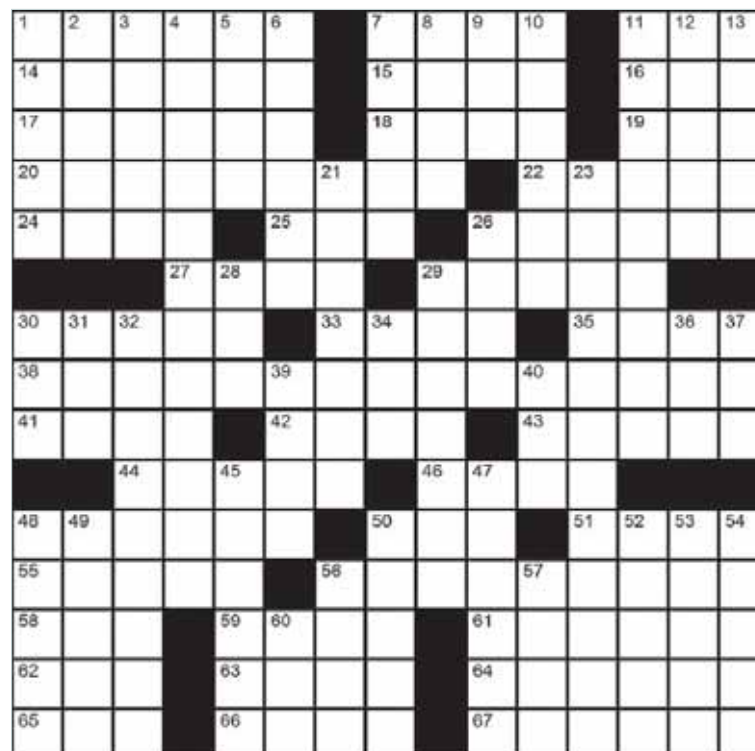
Feb. 20 - March 20

Have faith in your own abilities, even if people have made it clear they think you are taking on too much. Success depends on many things but most of all it depends on confidence.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Sea between Australia and New Zealand
7. Bobby Orr's number
11. Rapper, Mos __
14. Eminent: 2 wds.
15. Provo's place
16. Galilee's locale [abbr.]
17. Cute-style farm animal
18. World's longest river
19. '60s lettered car
20. Paperback place-savers
22. Ms. Neuwirth's
24. Aleutian island
25. Lana Del __
26. "Wait...": 2 wds.
27. __ Only (Canadian Hip-Hop artist)
29. Commuter's currency
30. "Real Time with Bill __"
33. Doubleton
35. Count on
38. National Ballet of Canada star: 2 wds.
41. Dix - trois = __
42. Line above the equator, _ _
43. Grabs
44. __ Sound, Ontario
46. "American __"
48. French silent film actress, Renee __ (b.1898 - d.1933)
50. Slash's old li'l band
51. George Lucas



character

55. Flower's sepals, collectively
56. Downward-Facing Dog, and others: 2 wds.
58. Very: Spanish
59. Wing-like
61. One stopping the TV show

62. Tolkien creature
63. Lengthy
64. Whole
65. Fr. holy woman
66. Actor Mr. Wilson
67. Pay close regard to again

Down

1. Alberto __ (Olym-

- pics skiing champ from Italy)
2. Underway
3. Nose-in-the-air type
4. Michael Dowse's Canuck flick "Fubar" (2002), for example
5. Mr. Egoan
6. New Jersey airport city

7. Wilson Pickett's " __ Broadway"
8. Actress Carre
9. 'Concept' completer
10. Antelope of South Africa
11. Nova Scotia... Narrow peninsula on the Fundy Coast: 2 wds.

12. Cosmetics company, __ Lauder
13. New England poet Robert
21. Fix up makeup
23. Official name of Winnipeg's famed Golden Boy statue: 2 wds.
26. North: French
28. Grampus
29. NFLD: Historical community on Fogo Island
30. Gov. gigs
31. " __ We There Yet?" (2005)
32. Boucherville-born politician, Sir Louis- __ Lafontaine (b.1807 - d.1864)
34. Small battery
36. Novelist Harper
37. 2015, et al.
39. Curtly concerning: 2 wds.
40. __ Z
45. Edmonton Oilers home, __ Place
47. Don __ (Jon Hamm's "Mad Men" role)
48. Tops
49. Intimidate
50. Valley variety
52. Actor Mr. Davis
53. John __ (Farm equipment company)
54. Comparable to blood's colour: 2 wds.
56. Quickly tug
57. Window piece
60. Mr. Ferrigno

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



©2013 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!

Get the news as it happens



Download the Metro News App today at metronews.ca/mobile



metro

ONLY AT O'REGAN'S DARTMOUTH HYUNDAI

**EXTENDED
UNTIL
JANUARY 12TH**

Year End CLEARANCE EVENT

**FREE TRIP FOR 2 TO FLORIDA OR LAS VEGAS
WITH PURCHASE : 6 REMAINING - AIRFARE INCLUDED**



2014 ACCENT 4DR



OWN
IT FOR
ONLY

\$30
WEEKLY

\$0
DOWN

6

REMAINING



2014 Accent
"Highest Ranked Small Car in
Initial Quality in the U.S.*"

FROM **\$13,549**

SAVE **\$1500**

**NOW
\$12,049**

* Offer is subject to change without notice. Free trip only available in stock 2014 Accent Models. Tax + Fees not included. See O'Regan's Dartmouth Hyundai for details.

 **CANADA'S
BEST
MANAGED
COMPANIES**
Platinum member

O'REGAN'S
DRIVING HIGHER STANDARDS

**DARTMOUTH
HYUNDAI**

**60 BAKER DRIVE, UNIT - D
465-7500
oreganshyundaiddartmouth.com**